



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15040, Fish, herring, Atlantic, cooked, dry heat

Report Date: June 25, 2017 19:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 fillet 143g | 3.0 oz 85g |
|--------------------------------|------|---------------------|-------------|------------|------------------|---------------|
| Proximates | | | | | | |
| Water | g | 64.16 | -- | -- | 91.75 | 54.54 |
| Energy | kcal | 203 | -- | -- | 290 | 173 |
| Energy | kJ | 849 | -- | -- | 1214 | 722 |
| Protein | g | 23.03 | -- | -- | 32.93 | 19.58 |
| Total lipid (fat) | g | 11.59 | -- | -- | 16.57 | 9.85 |
| Ash | g | 1.87 | -- | -- | 2.67 | 1.59 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | -- | -- | 0.00 | 0.00 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 74 | -- | -- | 106 | 63 |
| Iron, Fe | mg | 1.41 | -- | -- | 2.02 | 1.20 |
| Magnesium, Mg | mg | 41 | -- | -- | 59 | 35 |
| Phosphorus, P | mg | 303 | -- | -- | 433 | 258 |
| Potassium, K | mg | 419 | -- | -- | 599 | 356 |
| Sodium, Na | mg | 115 | -- | -- | 164 | 98 |
| Zinc, Zn | mg | 1.27 | -- | -- | 1.82 | 1.08 |
| Copper, Cu | mg | 0.118 | -- | -- | 0.169 | 0.100 |
| Manganese, Mn | mg | 0.040 | -- | -- | 0.057 | 0.034 |
| Selenium, Se | µg | 46.8 | -- | -- | 66.9 | 39.8 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | -- | -- | 1.0 | 0.6 |

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|------------------------------|------|------------------------|----------------|------------|------------------|---------------|
| Thiamin | mg | 0.112 | -- | -- | 0.160 | 0.095 |
| Riboflavin | mg | 0.299 | -- | -- | 0.428 | 0.254 |
| Niacin | mg | 4.124 | -- | -- | 5.897 | 3.505 |
| Pantothenic acid | mg | 0.740 | -- | -- | 1.058 | 0.629 |
| Vitamin B-6 | mg | 0.348 | -- | -- | 0.498 | 0.296 |
| Folate, total | µg | 12 | -- | -- | 17 | 10 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 12 | -- | -- | 17 | 10 |
| Folate, DFE | µg | 12 | -- | -- | 17 | 10 |
| Choline, total | mg | 83.3 | -- | -- | 119.1 | 70.8 |
| Vitamin B-12 | µg | 13.14 | -- | -- | 18.79 | 11.17 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 36 | -- | -- | 51 | 31 |
| Retinol | µg | 36 | -- | -- | 51 | 31 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 120 | -- | -- | 172 | 102 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 1.37 | -- | -- | 1.96 | 1.16 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 5.4 | -- | -- | 7.7 | 4.6 |
| Vitamin D3 (cholecalciferol) | µg | 5.4 | -- | -- | 7.7 | 4.6 |
| Vitamin D | IU | 214 | -- | -- | 306 | 182 |
| Vitamin K (phylloquinone) | µg | 0.1 | -- | -- | 0.1 | 0.1 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 2.615 | -- | -- | 3.739 | 2.223 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.015 | -- | -- | 0.021 | 0.013 |

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|------------------------------------|------|------------------------|----------------|------------|------------------|---------------|
| 14:0 | g | 0.710 | -- | -- | 1.015 | 0.603 |
| 16:0 | g | 1.735 | -- | -- | 2.481 | 1.475 |
| 18:0 | g | 0.140 | -- | -- | 0.200 | 0.119 |
| Fatty acids, total monounsaturated | g | 4.790 | -- | -- | 6.850 | 4.071 |
| 16:1 undifferentiated | g | 0.797 | -- | -- | 1.140 | 0.677 |
| 18:1 undifferentiated | g | 1.944 | -- | -- | 2.780 | 1.652 |
| 20:1 | g | 0.924 | -- | -- | 1.321 | 0.785 |
| 22:1 undifferentiated | g | 1.077 | -- | -- | 1.540 | 0.915 |
| Fatty acids, total polyunsaturated | g | 2.735 | -- | -- | 3.911 | 2.325 |
| 18:2 undifferentiated | g | 0.167 | -- | -- | 0.239 | 0.142 |
| 18:3 undifferentiated | g | 0.132 | -- | -- | 0.189 | 0.112 |
| 18:4 | g | 0.274 | -- | -- | 0.392 | 0.233 |
| 20:4 undifferentiated | g | 0.077 | -- | -- | 0.110 | 0.065 |
| 20:5 n-3 (EPA) | g | 0.909 | -- | -- | 1.300 | 0.773 |
| 22:5 n-3 (DPA) | g | 0.071 | -- | -- | 0.102 | 0.060 |
| 22:6 n-3 (DHA) | g | 1.105 | -- | -- | 1.580 | 0.939 |
| Cholesterol | mg | 77 | -- | -- | 110 | 65 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.258 | -- | -- | 0.369 | 0.219 |
| Threonine | g | 1.010 | -- | -- | 1.444 | 0.858 |
| Isoleucine | g | 1.061 | -- | -- | 1.517 | 0.902 |
| Leucine | g | 1.872 | -- | -- | 2.677 | 1.591 |
| Lysine | g | 2.115 | -- | -- | 3.024 | 1.798 |
| Methionine | g | 0.682 | -- | -- | 0.975 | 0.580 |
| Cystine | g | 0.247 | -- | -- | 0.353 | 0.210 |
| Phenylalanine | g | 0.899 | -- | -- | 1.286 | 0.764 |
| Tyrosine | g | 0.778 | -- | -- | 1.113 | 0.661 |
| Valine | g | 1.187 | -- | -- | 1.697 | 1.009 |
| Arginine | g | 1.378 | -- | -- | 1.971 | 1.171 |
| Histidine | g | 0.678 | -- | -- | 0.970 | 0.576 |
| Alanine | g | 1.393 | -- | -- | 1.992 | 1.184 |
| Aspartic acid | g | 2.358 | -- | -- | 3.372 | 2.004 |
| Glutamic acid | g | 3.438 | -- | -- | 4.916 | 2.922 |

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|----------------|------|------------------------|----------------|------------|------------------|---------------|
| Glycine | g | 1.106 | -- | -- | 1.582 | 0.940 |
| Proline | g | 0.814 | -- | -- | 1.164 | 0.692 |
| Serine | g | 0.940 | -- | -- | 1.344 | 0.799 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |